



POIANA MARE, Dolj
Str. GĂRII, Nr.40
CF : 4711561

Tel :0748.186.112

e-mail : spitpoiana@yahoo.com <http://www.spitalpoianamare.ro>

MINISTERUL SĂNĂTĂȚII

SPITALUL DE PSIHIATRIE POIANA MARE



ISO 9001 Certificat nr.

MENIU SAPTAMANAL 24.04.2026-30.04.2026

	Vineri	Sambata	Duminica	Luni	Marti	Miercuri	Joi
MIC DEJUN R.15(comun)	Ceai+paine+parizer 100g+branza 100g	Ceai+paine+muschi file 100g+branza topita 35g	Ceai+paine+gem 50g+unt 20g+branza cas 100g	Ceai+paine+salam porc 100g+branza topita 35g	Ceai+paine+crenvrusti 100g+cascaval 100g+mustar 10g	Paine+ceai+oua jumari branza cas 130g+parizer 50g	Ceai+paine+sunca presata 100g+branza topita 35g
R.1,2,5,5c,5b,5,10 ,10b,10c,7,7b	Ceai+paine+salam pasare 100g+branza cas 100g	Ceai+paine+muschi file 100g+branza topita 35g	Ceai+paine+gem 50g+unt 20g+branza cas 100g	Ceai+paine+salam pasare 100g+branza topita 35g	Ceai+paine+crenvrusti 50g +salam pasare 50g+cascaval 100g	Paine+ceai+omleta branza cas 130g+salam pasare 50g	Ceai+paine+sunca presata 100+branza cas 50g
SUPLIMENT 10:00	Paine+cascaval 100g	Paine+sunca presata 100g	Paine+carne pasare cuptor 80g-100g	Paine+muschi file100g	Paine+salam porc 100g	Paine+branza topita 35g	Paine+ parizer 100g
DIABET 10:00	Cascaval 100g	Sunca presata 100g	Carne pasare cuptor 80g- 100g	Muschi file100g	Salam porc 100g	Branza topita 35g	Parizer 100g
PRANZ R.15(comun)	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Ciorba porc dreasa 300g+35g	Supa galuste 300g	Ciorba radauteana 300g+35g	Ciorba fasole carnati 300g+70g	Ciorba zarzavat dreasa 300g
	Iahnie fasole ciolan 360g+75g+castraveti 100g	Varza a la Cluj conserva pasare 300g	Piure cartofi piept pui 150g+80g+gogosari 100g	Mancare mazare cu carnati 250g+70g	Mancare dovlecei aripi pui 250g+60g	Paste in sos conserva pasare 300g	Mancare mazare carne pasare 250g+80g-100g
	Placinta branza 50g	Strudel mere 70g	Prajitura 50g	Chec 50g	Napolitane 50g	Rulada 50g	Biscuiti crema 65g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Ciorba zarzavat dreasa 300g	Supa fidea 300g	Ciorba radauteana 300g+35g	Supa galuste 300g	Ciorba radauteana 300g+35g	Ciorba aripi dreasa 300g+60g	Ciorba zarzavat dreasa 300g
	Pilaf orez carne pasare 250g+80g- 100g	Varza alba morcovi conserva pasare 300g	Piure cartofi piept pui 150g+80g	Sote legume carne pasare 250g+80g-100g	Sote dovlecei aripi pui 250g+60g	Paste conserva pasare 300g	Sote legume carne pasare 250g+80g-100g
	Placinta branza 50g	Strudel mere 70g	Prajitura 50g	Chec 50g	Napolitane 50g	Rulada 50g	Biscuiti crema 65g
DIABET 16:00	Banane 160g-220g	Sana 330ml	laurt 125g	Sana 330ml	laurt 125g	Sana 330ml	Banane 160g-220g
CINA R. 15	Tocana legume carne pasare 250g+80g- 100g	Pilaf orez cu ficatei 200g+60g	Tocanita ciuperci carne pasare 250g+80g-100g	Pilaf orez pulpa porc 150g+90g	Piure cartofi cu carnati 150g+70g	Sos rosii cu ficatei 250g+60g	Cartofi natur pulpa porc 400g+90g
	Eugenia 20g+iaurt 125g	Compot piersici 300g	Biscuiti crema 65g+mar 160g-220g	Eugenia 20g+sana 330ml	Biscuiti crema 65g	Eugenia 20g+banane 160g-220g	Sana 330ml+corn 45g
R.1,2,5,5b,5c,10, 10b,10c,7,7b	Piure cartofi carne pasare 250g+80g- 100g	Pilaf orez cu ficatei 200g+60g	Sote dovlecei carne pasare 250g+80g-100g	Pilaf orez piept pui 150g+90g	Piure cartofi carne pasare 150g+80g-100g	Sos rosii dietetic cu ficatei 250g+60g	Cartofi natur piept pui 400g+90g
	Eugenia 20g+iaurt 125g	Compot piersici 300g	Biscuiti crema 65g+mar 160g-220g	Eugenia 20g+sana 330ml	Biscuiti crema 65g	Eugenia 20g+banane 160g-220g	Sana 330ml+corn 45g

Alimentele, produsele alimentare si preparatele culinare contin alergeni: gluten, lactoza, ou, telina, soia, nuci, alune, lapte

Unitatea asigura diete special adaptate convingerilor proprii sau spirituale

Presedinte comisie meniuri,
Dr. Marica Sorina

Asistent nutritie si dieteca,
Micu Florentina